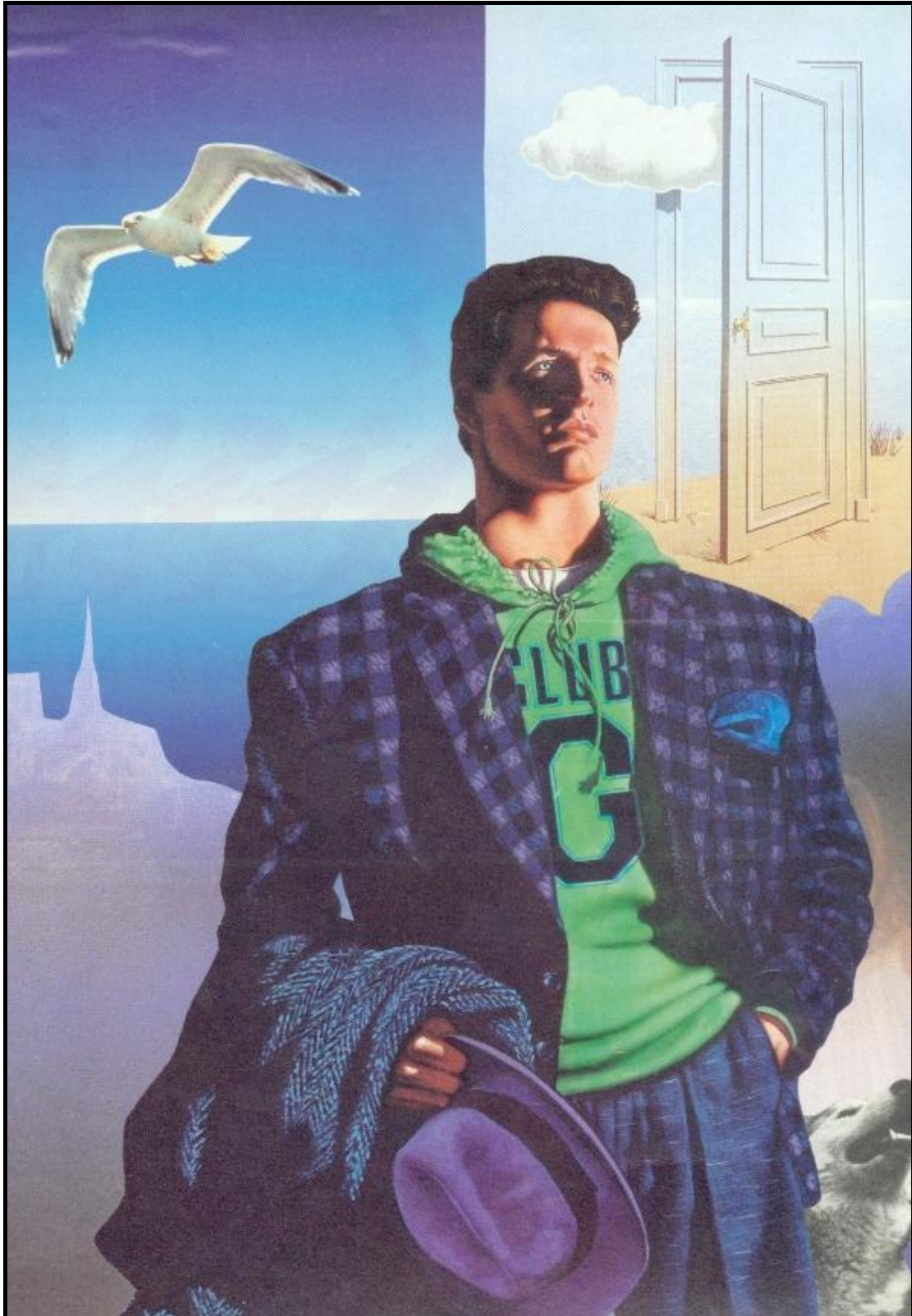
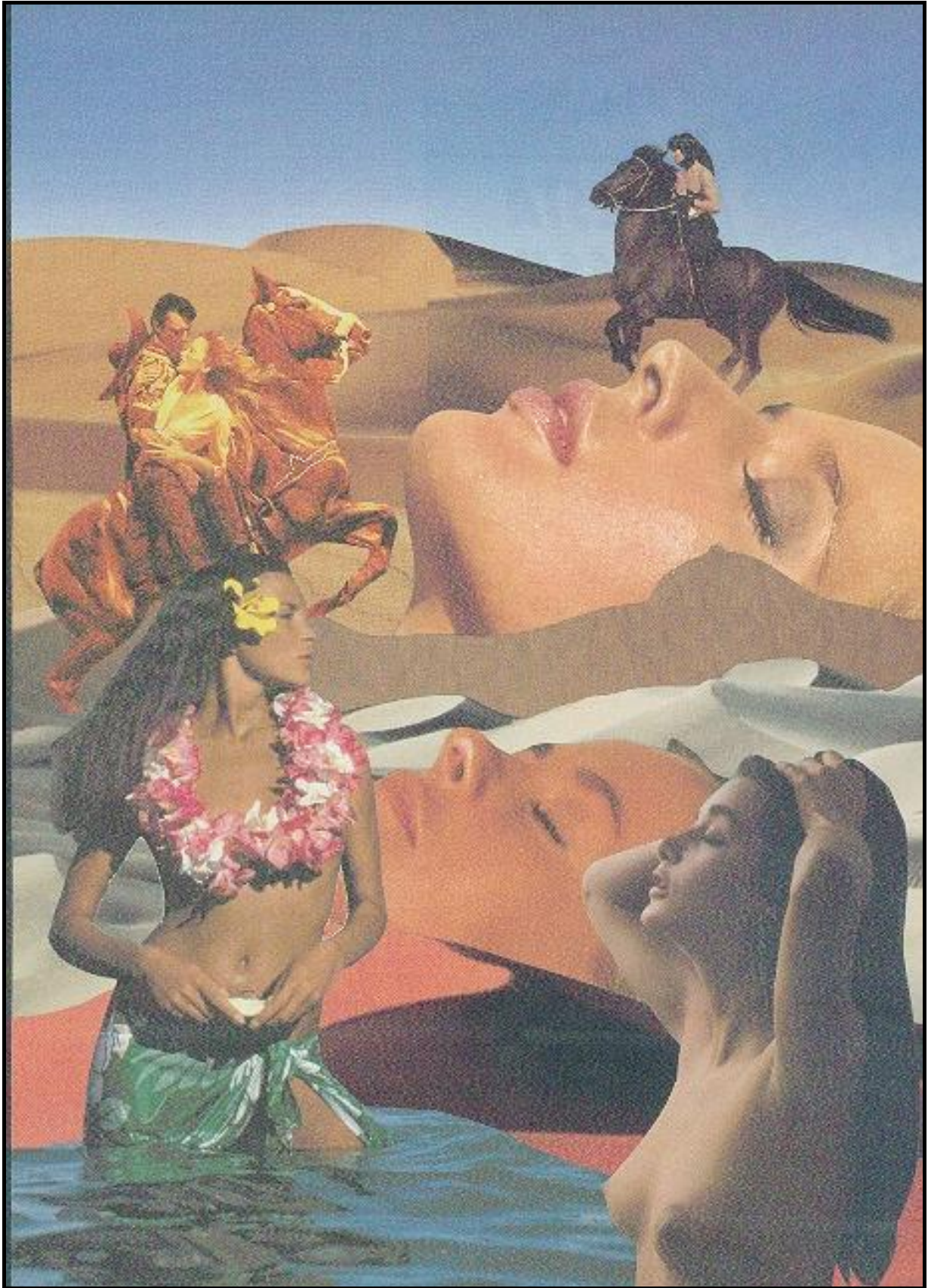


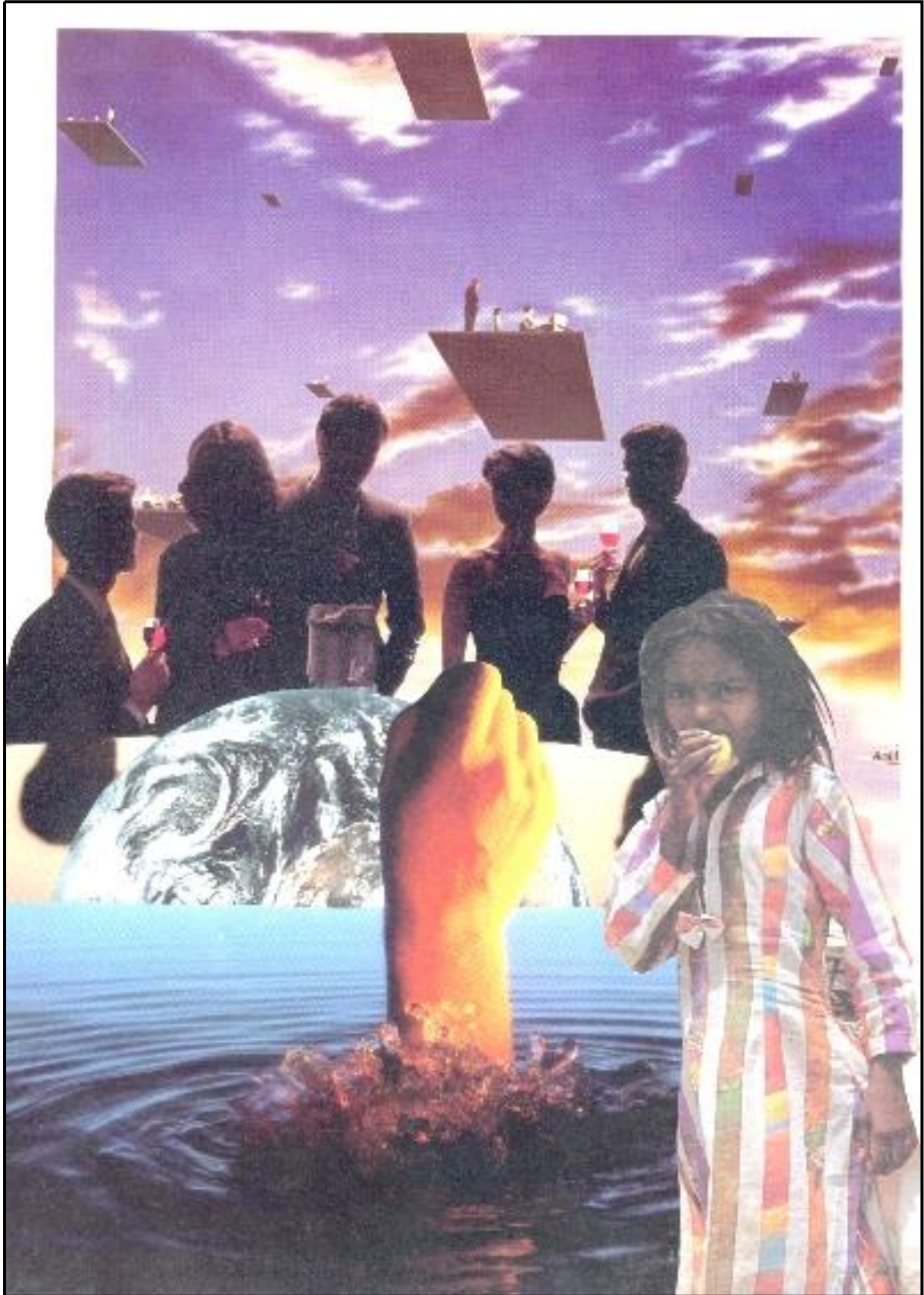
THE LITTLE BOOK OF SUCCESS AND HAPPINESS

Dean Amory

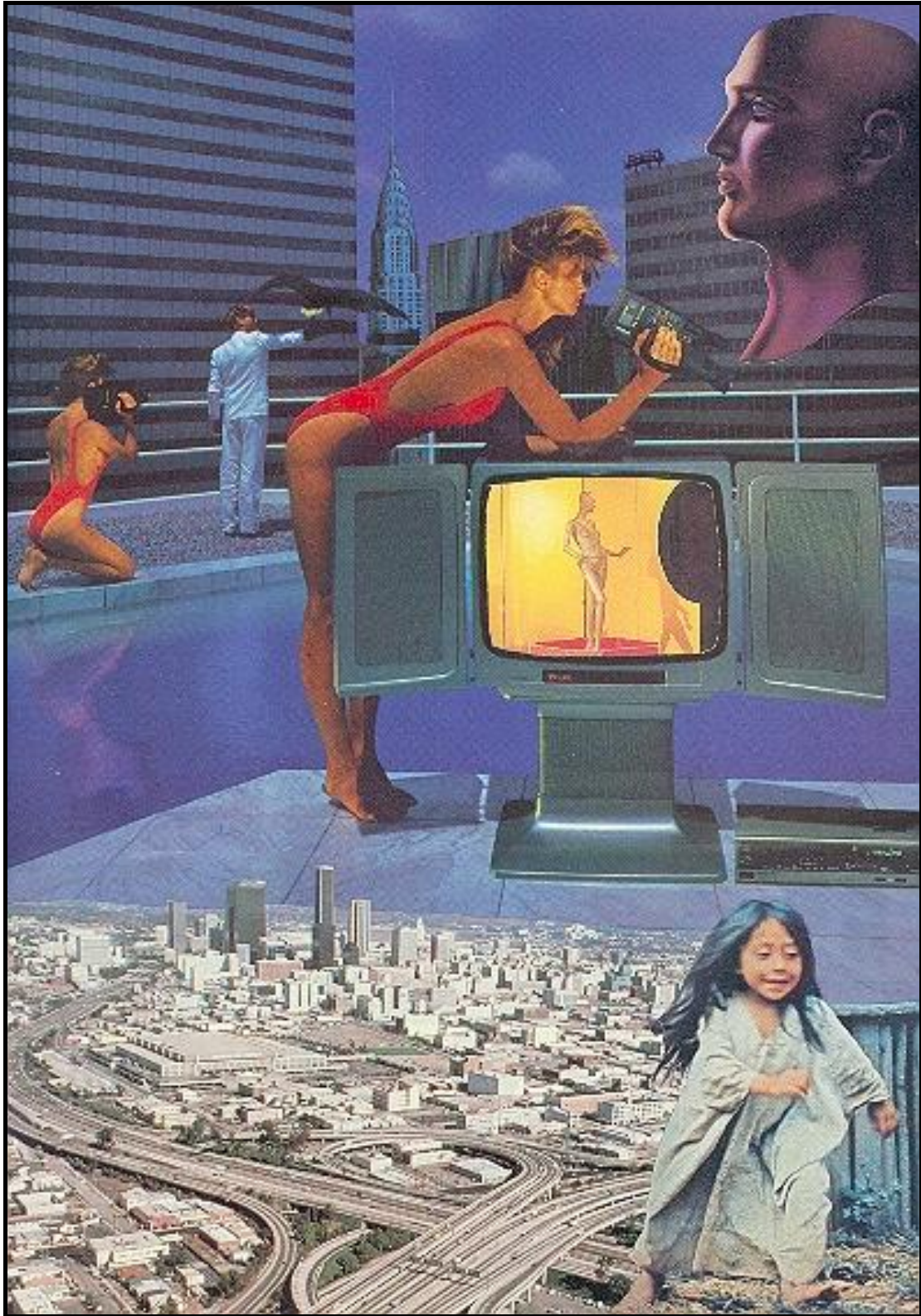




1. ACCEPT RESPONSIBILITY

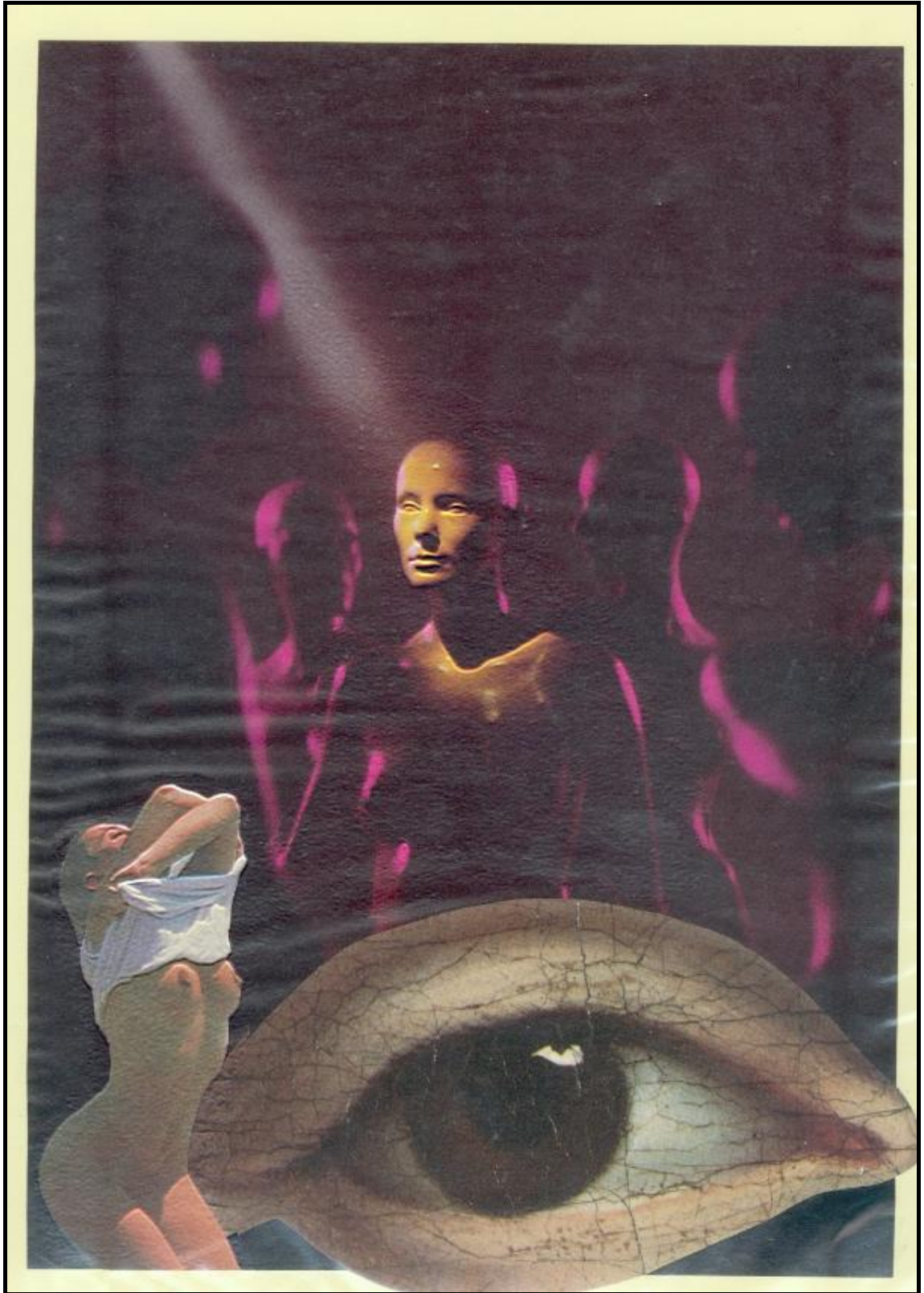


2. DECIDE TO BE HAPPY AND SUCCESSFUL



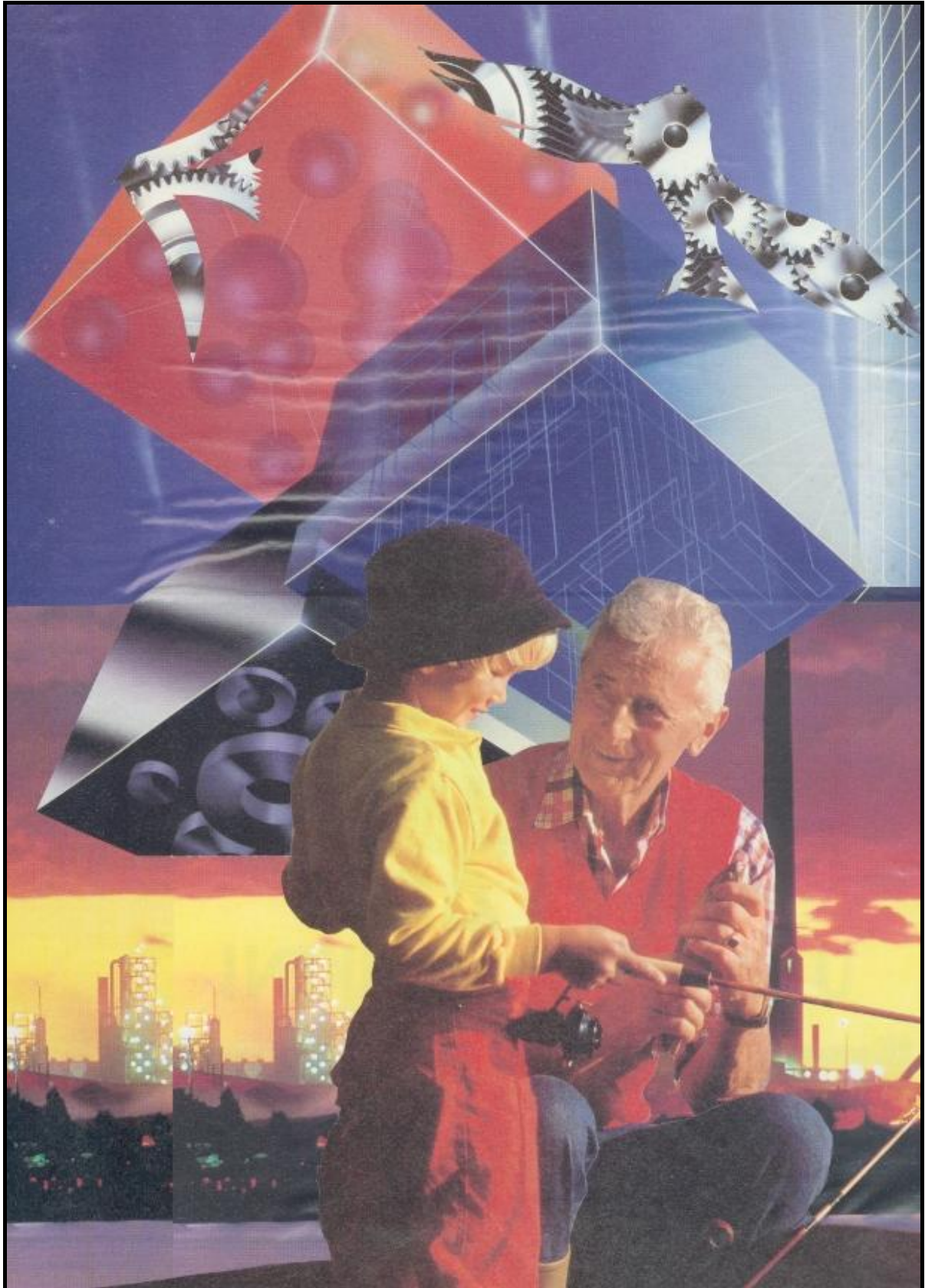
3. DEFINE HAPPINESS AND SUCCESS

Elephants cannot fly : Know yourself
You cannot be the best at everything : Pick your targets



4. BE PASSIONATE

Conviction, devotion,
Develop a winner's mentality
Always go the extra mile

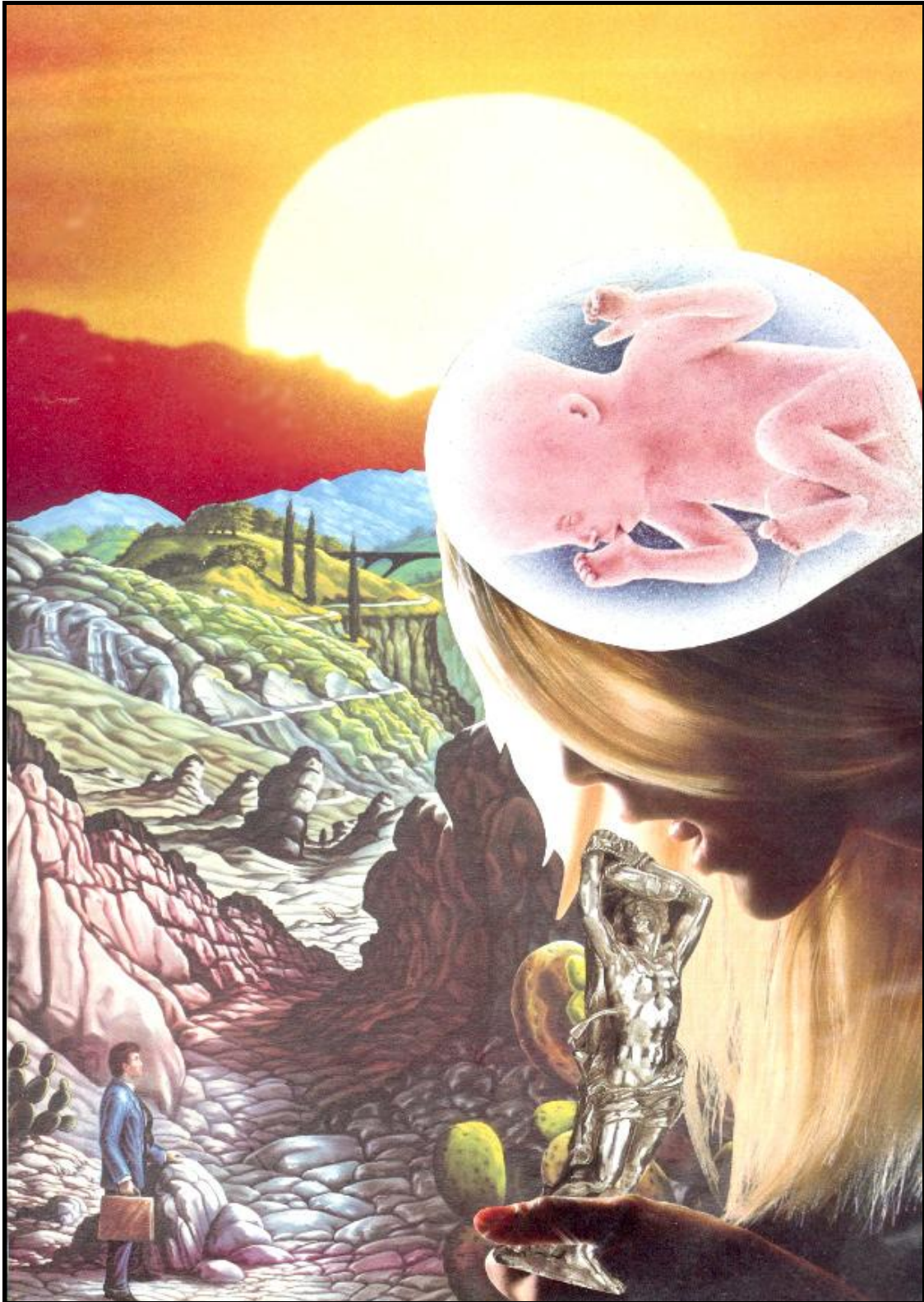


5. DARE TO CHANGE

Keep your Goals firm, but your choice of roads flexible



6. BE POSITIVE



7. PLAN YOUR HAPPINESS AND SUCCESS

Plan on the short time and on the long time

Where are you now? Where will you be 1 year from now? And in 5 years?

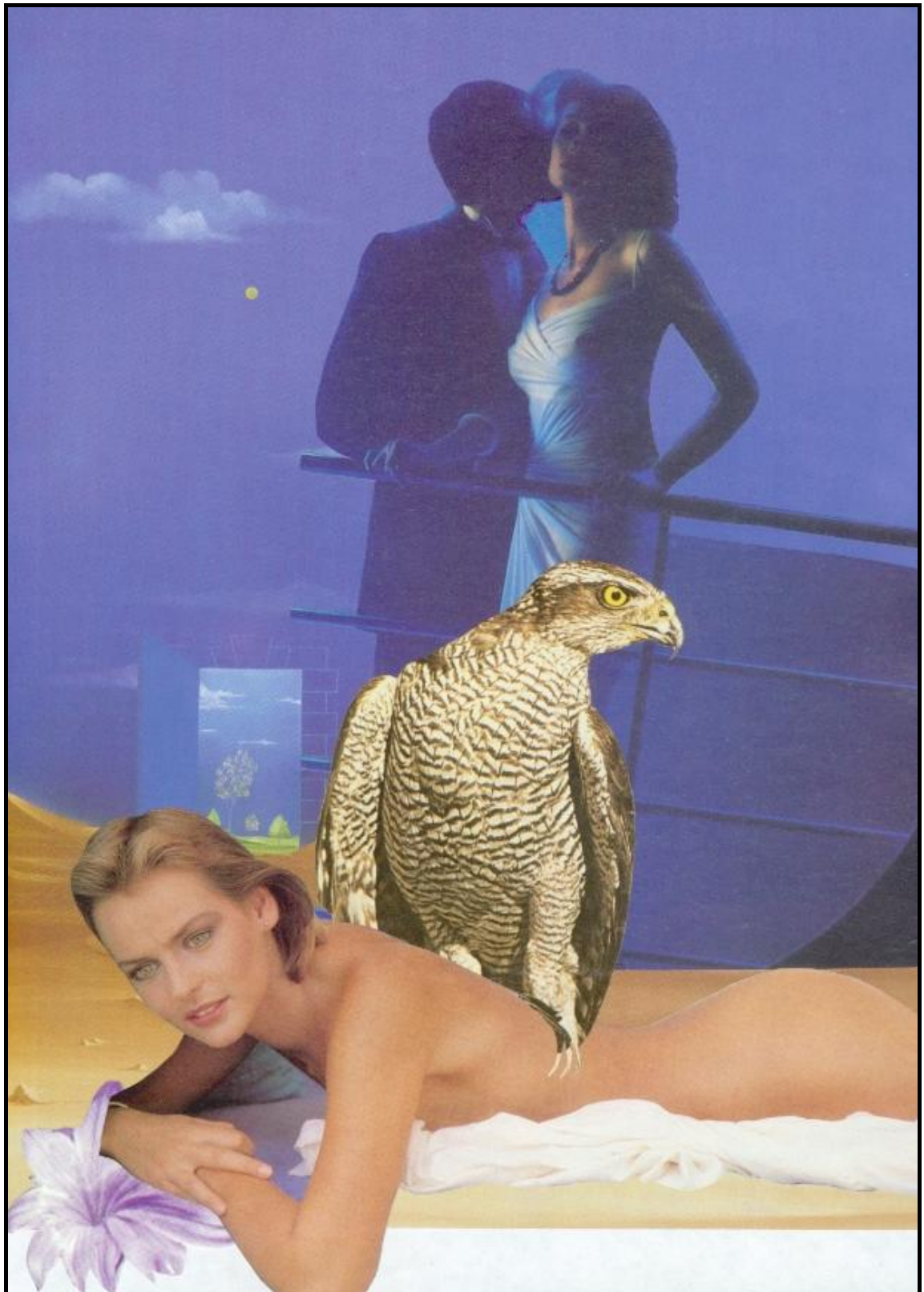
Write your goals down and read them every day

Plan what can be planned, even if you know you will have to adapt the plan afterward



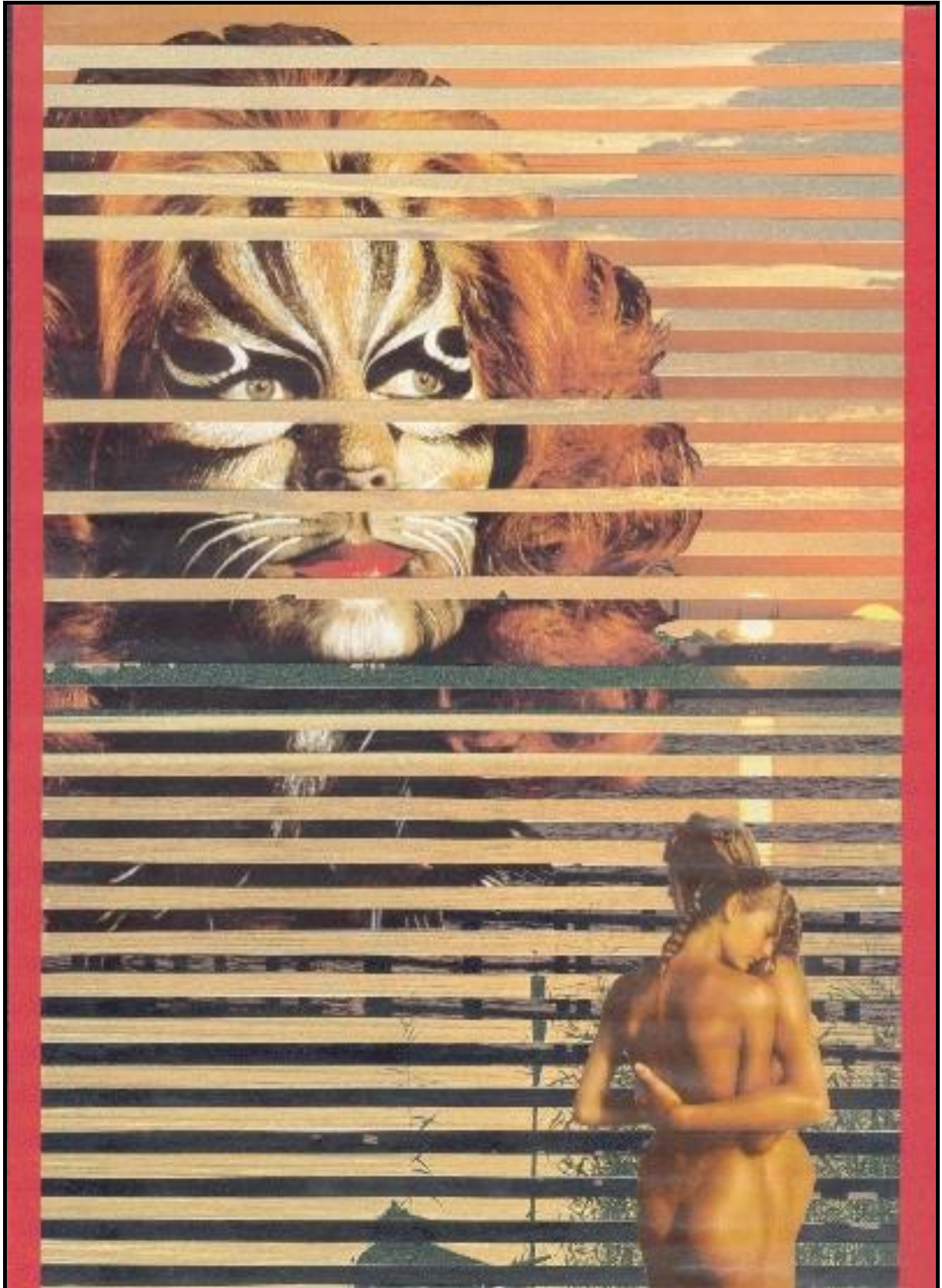
8. BE CONFIDENT

Don't hide your expertise
A few hours of study is all it takes to know more about a subject than most.
Be happy. Be a success.



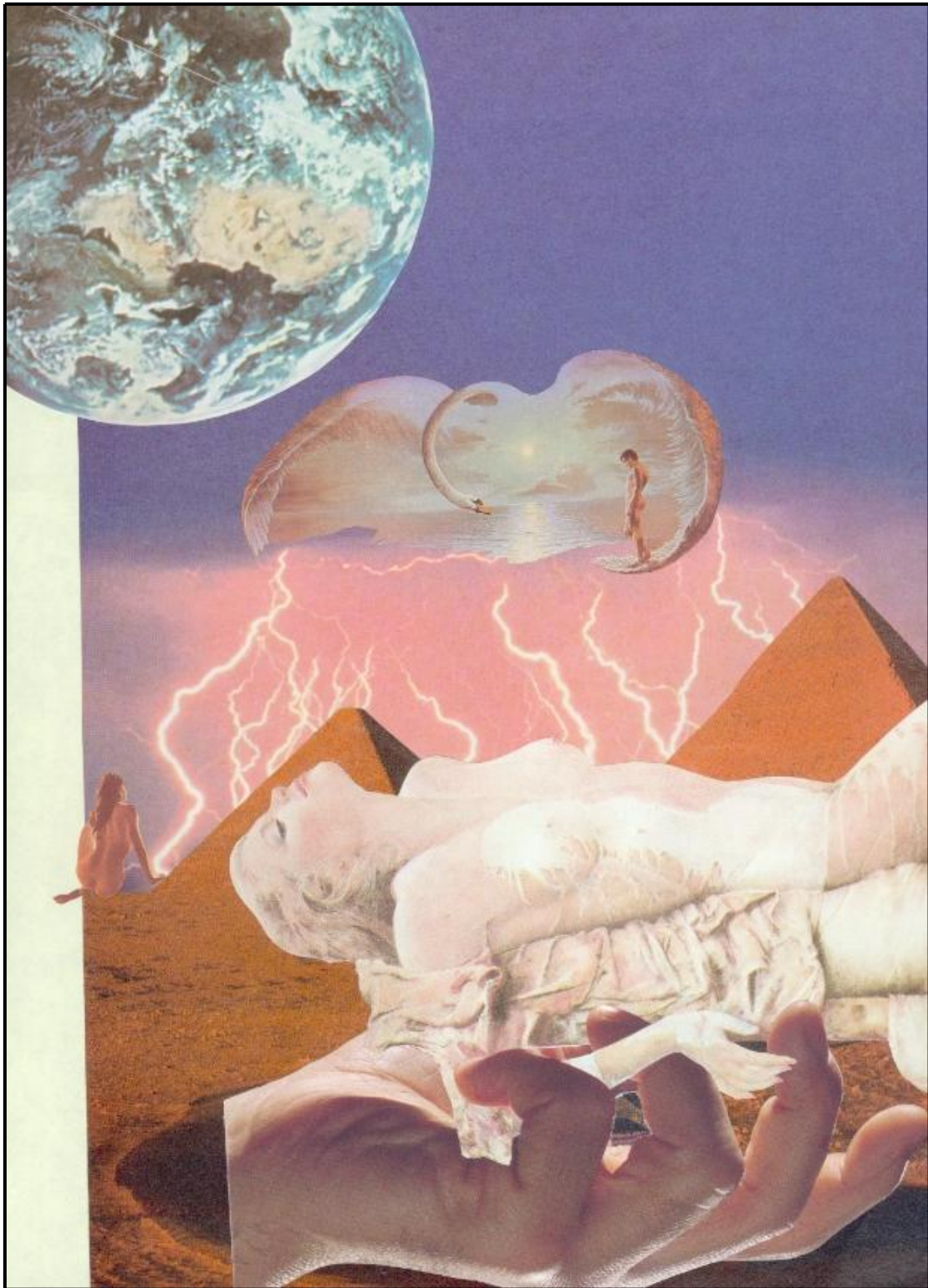
9. LIVE TODAY

No one can go back and make a brand new start.
Anyone can start from now and make a brand new ending.



10. COMMIT YOURSELF

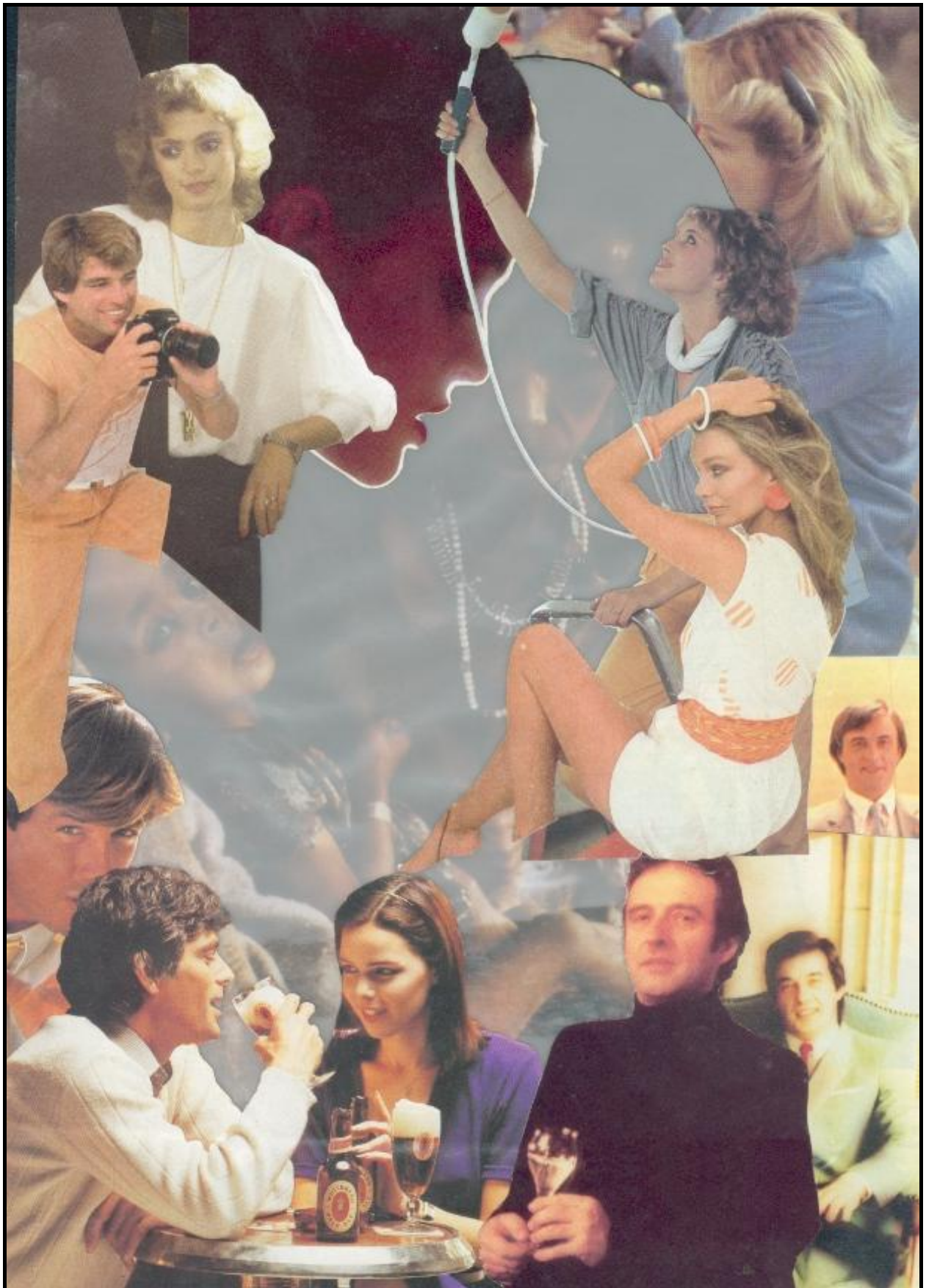
Never give up



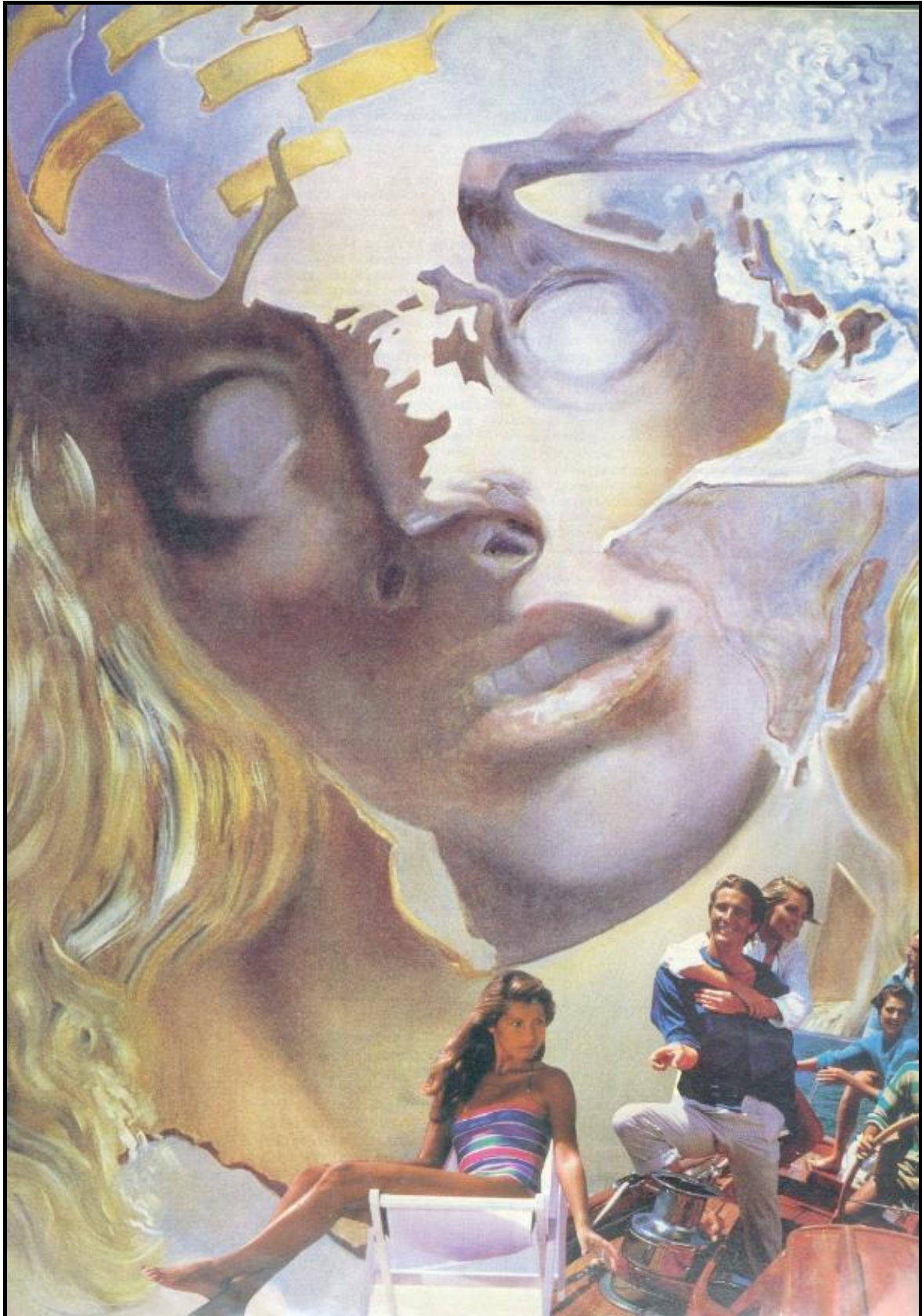
11. STUDY

Model happy and successful people
Take a coach
Move in circles of happy and successful people
Read about your subject
Talk about it
Study



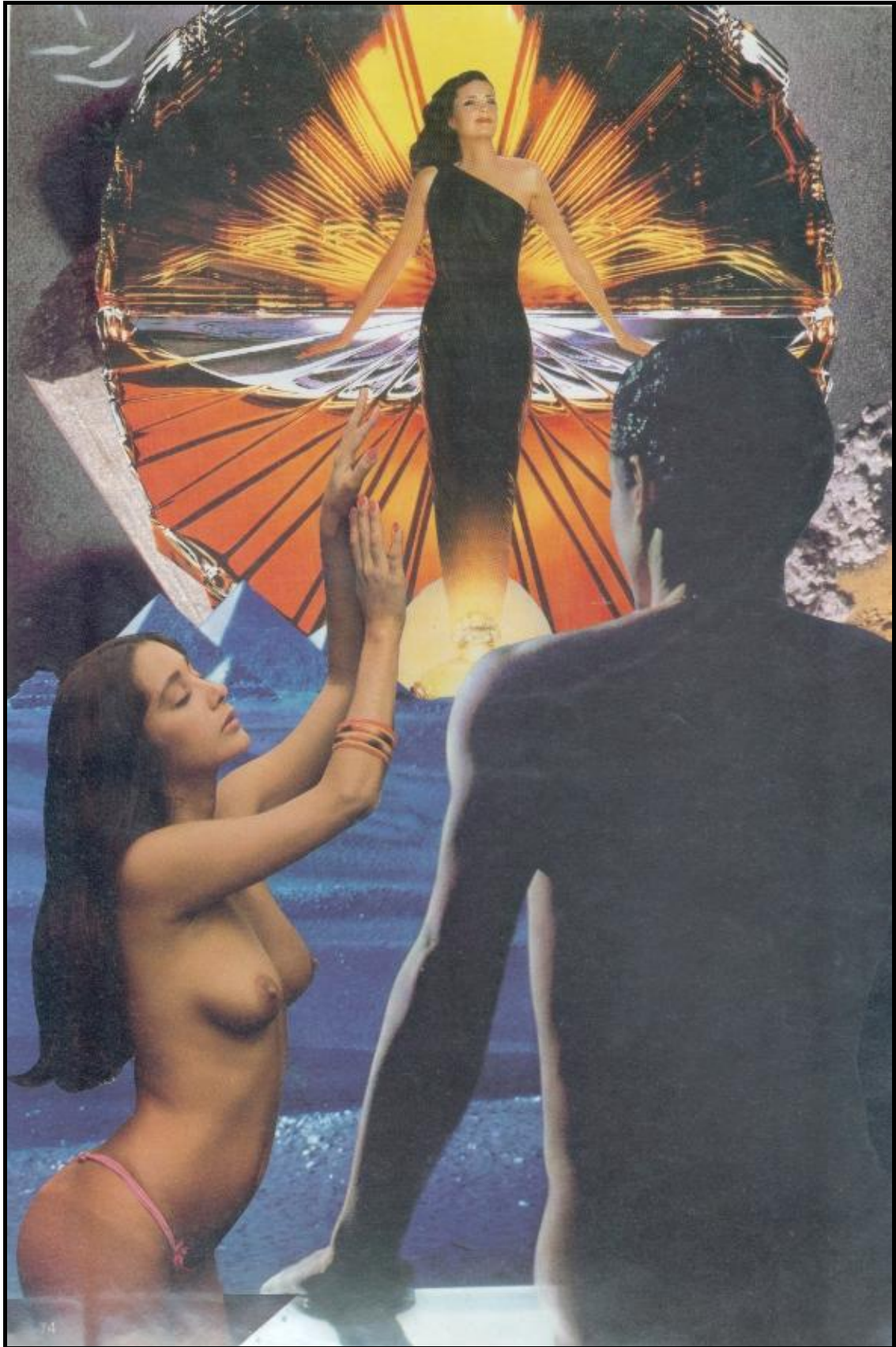


12. ACT! ACT! ACT!

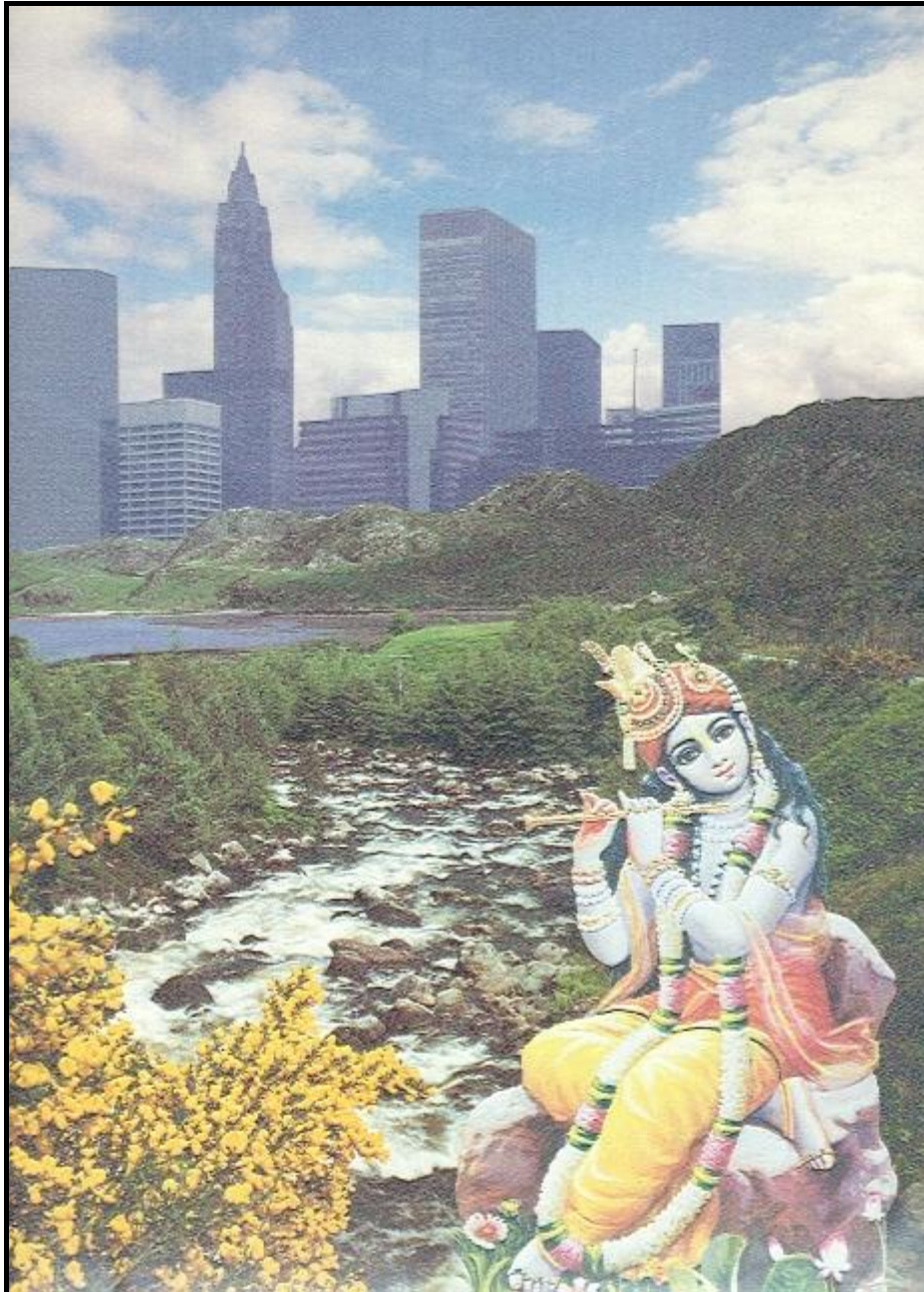


13. SEE FAILURE AS AN OPPORTUNITY

When you fall, get up : you just learned something. You are better now !



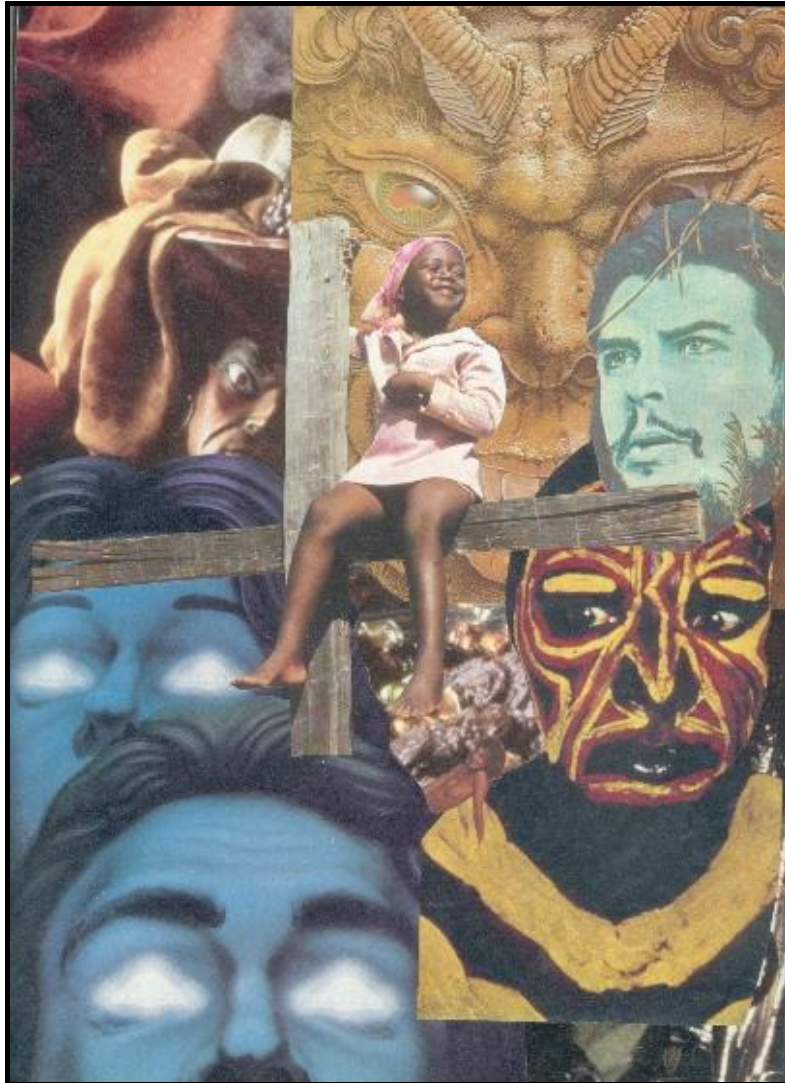
14. SEE INVESTED TIME AND ENERGY AS AN INVESTMENT



15. FIVE RULES FOR HAPPINESS

1. The grass is NOT greener anywhere else. Life is what you make it.
Avoid the 'if only...' syndrome at all costs.
2. Keep a close watch on attitudes.
3. Give yourself away to others if you really want to be happy.
4. Appreciate others around you, what you have and all creation.
It's amazing how many blessings we have when we begin to count them.
5. Put yourself wholeheartedly into whatever needs doing.

Source: <http://jmm.aaa.net.au/index.htm> (John Marc Ministries Web Site)



16. THE FIVE RULES OF HAPPINESS

by Burt Goldman

What is it that makes a person happy?

It is important to realize, that what makes you happy might depress another person. There are people, because of guilt, a feeling they do not deserve what they have, or a feeling they will lose what they have that makes them unhappy when they should be happy. Possessions are a poor measure of happiness. Possessions are subjective and relative to the individual and the individual's viewpoint. Instead, we will use a philosophy as an example.

This philosophy is about enjoying things you like, avoiding or changing things you do not like, and accepting what you cannot avoid or change by the skillful use of your viewpoint. The use of this philosophy, as embodied in the five rules, will allow you to test many problem areas in your life and find solutions. With this philosophy, you will be well on your way on your pursuit of happiness.

Pursuit of Happiness - Rule Number One: If You Like a Thing, Enjoy It.

Now that seems outrageously simple. At first you might say, “That’s ridiculous, of course if I like something I’m going to enjoy it.” But when you stop to think about it you’ll probably agree that there are many things in life that we like but don’t enjoy. The reasons we don’t enjoy things we like are (a) guilt, and (b) fear. You will not enjoy something you like if you feel guilty after having done the thing, or if you are fearful of the consequences of doing it.

Pursuit of Happiness - Rule Number Two: If You Don’t Like a Thing, Avoid It.

The second rule seems simple enough, but reflect for a moment on how many people are involved with things they do not like — a job, a person, a vehicle, a type of food, any one of a thousand things — and for some reason they don’t avoid those things. “Well, I can’t avoid it. I have to work there because I need the money.” Or, “I have to be involved with this person for many valid reasons.” How many justifications can you think of for not avoiding the things you do not like to do?

Pursuit of Happiness - Rule Number Three: If You Don’t Like a Thing, and You Cannot Avoid It, Change It.

Here again, the answer is simple: change it. But just as in avoidance we rationalize that we need something about it — the money, the time, the security — something is holding you to that particular thing if you don’t like it, cannot avoid it, won’t change it, but are still involved with it.

Pursuit of Happiness - Rule Number Four: If You Don’t Like a Thing, Cannot Avoid It, and Cannot or will Not Change It, Accept It.

Acceptance — now there is a catch. How can you accept something you don’t like? How in the world do you accept something that is 'unacceptable'? How do you accept a situation that you’re not happy with? How do you accept a person that you’re not happy with? Well, you really don’t have to accept anything; you can, of course, be unhappy. If you don’t like it, won’t change it, cannot avoid it, and will not accept it, I guarantee that you will be unhappy. There are, however, five rules to the secret of happiness, and within the fifth lies the key.

Rule Number Five: You Accept a Thing By Changing Your Attitude Towards It.

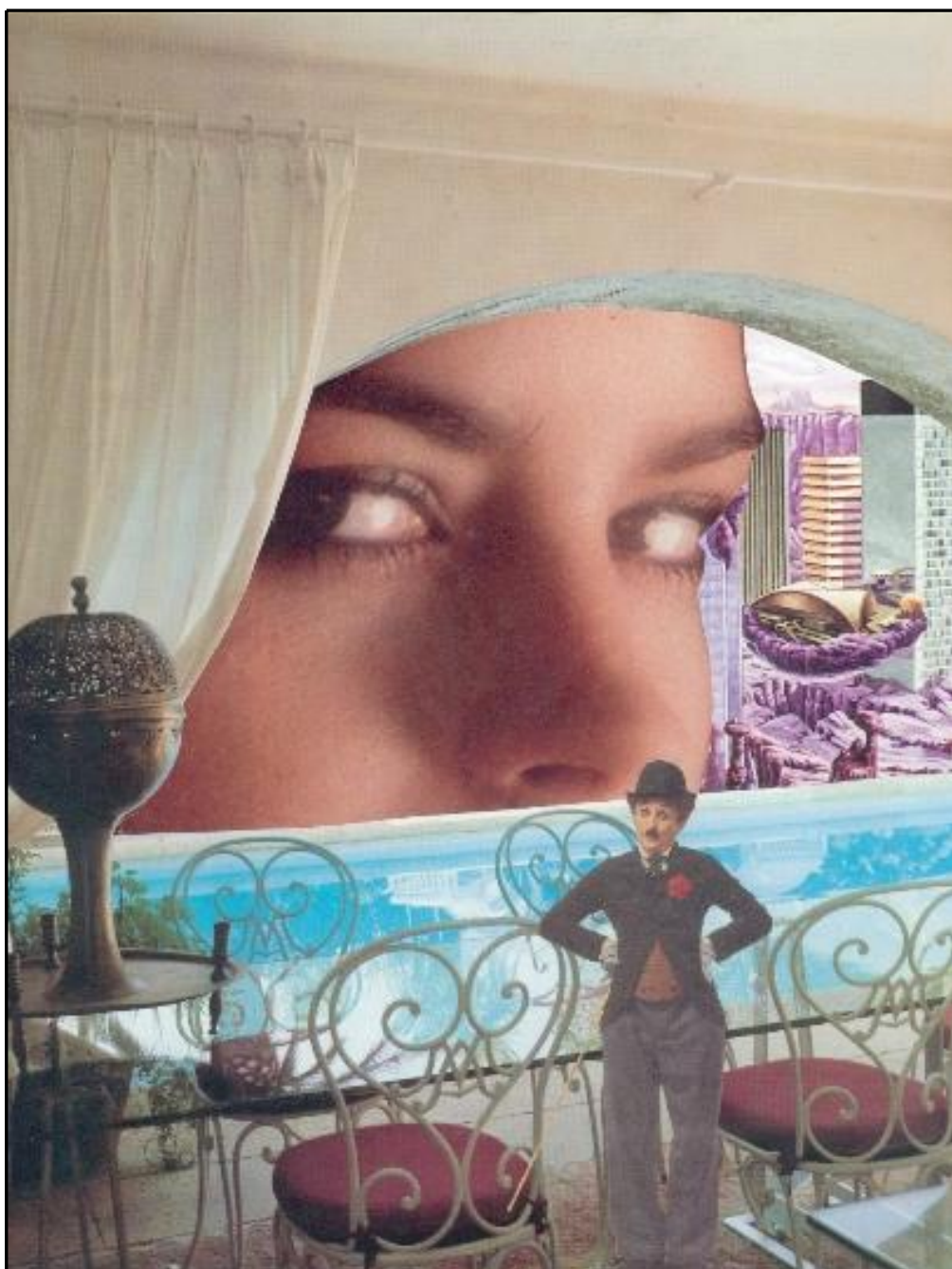
You are the result of your viewpoints and attitudes. Everything is relative to the person experiencing it. There are no absolutes — nothing is good, nothing bad, except as it relates to you. Nor is life good or bad. Life simply is. You change those things you wish by changing your viewpoint about them.

How easy!
How difficult!

Your attitudes and viewpoints are all part of your mind and once you develop the power of self mind control you will be the master of your own attitudes and viewpoints. The Power of Self Mind Control will show you how to go to the meditative level and using these five rules, you’ll find yourself on the right path on the pursuit of happiness. You’ll realize why people are unhappy. Eventually it will become automatic, and you’ll find happiness a predominant state of mind. Once you realize the ease of acquiring this emotion, you develop an entirely new scale of highs and lows.

Unremitting happiness, of course, is not a possible or desirable state. According to the principle of rhythm, there is always an inflow and outflow, an ebb tide and a flood tide. You'll always have highs and lows — there's no way to avoid that. However, your highs will be higher and your lows will be higher. You'll then find that what is a happy state for you might be a state of depression for someone unaware of the Five Rules of Happiness.

The above article is a beautiful chapter from Burt Goldman's latest book, "The Power of Self Mind Control." You can learn more about his latest book at <http://www.SelfMindControl.com> Burt Goldman has also been a Silva Mind instructor teaching techniques to make the rest of your life the best of your life. To learn about Silva seminars near you just visit <http://www.silvaultramindsystem.com>



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17. HOW TO LIVE A HAPPY AND REWARDING LIFE



Watch Butterflies or Birds.

Be grateful for good health.

Don't interrupt.

Don't tailgate.

Keep it simple.

Enjoy good company.

Keep your promises.

Listen to your children.

Be a good loser.

Be a better winner.

Be romantic.

Take a nap on Sunday afternoon.

Never deprive someone of hope.

Be thankful for every meal.

Dare to dream.

Smile a lot!

Never be afraid to say, "I'm Sorry."

Improve your performance by improving your attitude.

Wave at children on the school bus.

Leave everything a little better than when you found it.

Take time to smell the roses.

Be kinder than necessary.

Take good care of those you love.

Make it a habit to do nice things for people who never find out.

Judge your success by the degree that you enjoy peace and good health.

Don't expect that money will bring you happiness

Enjoy a glass of good wine.

**Live so that when your children think of fairness, caring and integrity,
they think of you.**

Never refuse home made cookies.

Remember other people's birthdays.

Do more than what is expected of you.

Don't rain on other people's parade.

Call your mother as often as possible.

Sing in the shower.

Be supportive.

Resist gossip.

Don't nag.

Slow dance.

Be humble but assertive.

Don't postpone joy.

Whistle!

Say "THANK YOU" a lot.

Be someone's hero.

Count your blessings...daily.

Enjoy a sunrise, sunset.

Travel

Meet people

Free your heart of hatred.

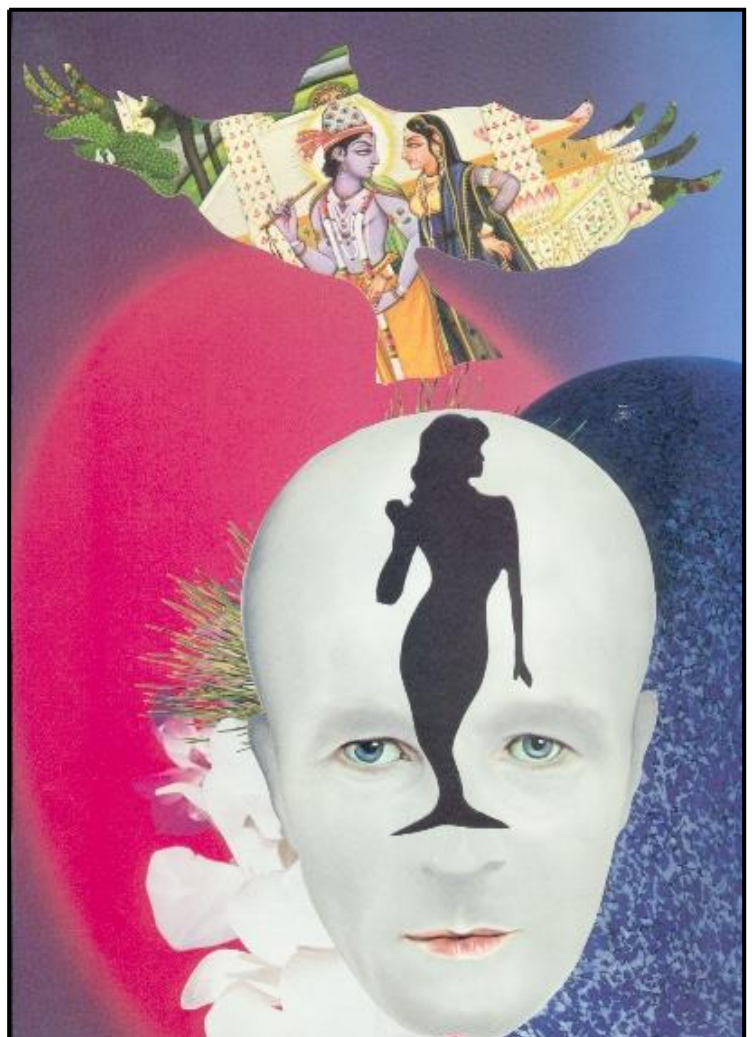
Free your heart of worries.

Live simply

Give more; Expect less.

Respect everybody.

**Don't overestimate your own
importance.**



Author Unknown

Last updated September 21st, 2007 by Dean Amory

18. TOP SEVEN STRATEGIES TO BECOME THE BEST AT WHAT YOU DO

By lee kariuki / adapted by Dean Amory

Today in life we are constantly faced with challenges: “do this, do that, try this, try that ...” Believe me, the road to success and happiness is not to follow everything that everyone tells you to do! First thing you should do, is take back control of your own life. You are an individual person, with a unique identity. Your Road to success and happiness is the road that You will build, not the ones others built for you. Here are 7 important tips that I use on a consistent basis that have never failed me and I know they won't fail you either if you follow them with a precision!

1. FIND OUT WHAT YOU LIKE TO DO!

We have heard this repeated over and over and over: Life is beautiful! Life is abundance! Life is happiness! So why would you spend an extra minute, if not a lifetime, doing what you dread? Strike a balance, my friend! Your job may not be ideal, but for the time being, it supplies you with an income. So, for now: Do this job while you work on what you really love doing! I have come to believe that you can make a decent income in whatever you like to. But of course, you need to start with the beginning and find out what it is you would really love to do! So for you to find happiness enriched with longevity, my first tip is that you should absolutely find what it is that you love to do passionately.

2. PERFECT YOUR PASSION

Once you found your passion, make it your passion! Stop wasting time and energy: focus on becoming always better in your chosen field. Read what you need to read! The world's best specialists are at your disposal. You will be amazed at the abundance of resources out there: The library, the internet, magazines, seminars, courses, ... the list is endless. Use this wealth of information! Do your homework! And once you got started: find people with the same passion, talk about your passion, live your passion! Your zeal and desire for perfection will draw attention to you and soon you will discover opportunities to enhance your life by offering you the possibility to spend most of your time doing things you love to do.

3. BE CONSISTENT

I can not over emphasize this! I am amazed at how correct my predictions about the outcome of soccer games are! Believe me: it is no coincidence that the team that keeps taking shots at the goalkeeper most of the time also wins the game. No matter what the weather is, keep on doing what brings love and happiness to your heart! You may fail at times, but take failure only for what it is: a lesson! No sportsman ever beat a record at his first try. It takes intelligence, time, energy, commitment and confidence to keep studying and experimenting until you become as good as you want to be!

4. MONEY SHOULD NOT BE YOUR ONLY DRIVING FORCE

There are things that we do simply because we want to get paid! Nothing wrong with that, but if money is the only reason why you are doing what you do, then the chance it making you happy and bringing you lasting success is very small. Let the perfection flow and the money will come! I PROMISE you!

5. MONITOR YOUR THOUGHTS

Focus on the end result! Regardless of the path, the destination is of the only thing that should matter! Don't allow negativity into your life, keep your goal in mind, make it your true intention and don't worry to much about the path!

6. ELIMINATE FEAR

Don't let fear be the reason you do things you have no intention to do! Instead let fear be your driving force!

7. HAVE FUN!

Whatever you do, make sure you are enjoying it to the fullest! Don't waste your time doing things you don't enjoy; don't waste your time making things that you do not enjoy yourself; don't waste your time offering services you don't believe in. You cannot sincerely hope to become happy by doing things that you don't feel good about, can you? You cannot possibly hope to become successful in a field that you don't even like and enjoy yourself, can you ?

<http://www.the-reflexions.com>

19. SOME QUOTES

- **Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened; vision cleared; ambition inspired, and success achieved.- Helen Keller**
- **Do not go where the path may lead, go instead where there is no path and leave a trail.- Ralph Waldo Emerson**
- **Genius is seldom recognized for what it is: a great capacity for hard work.- Henry Ford, 1863 – 1947**
- **Happiness is a choice that requires effort at times.- Anonymous**
- **Hard work beats talent when talent doesn't work hard.- Tim Notke**
- **How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever.- David Norris**
- **I count him braver who overcomes his desires than him who overcomes his enemies, for the hardest victory is victory over self.- Aristotle**
- **I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.- Helen Keller**
- **If there is anything I would like to be remembered for it is that I helped people understand that leadership is helping other people grow and succeed. To repeat myself, leadership is not just about you. It's about them.- Jack Welch**
- **If you have the will to win, you have achieved half your success; if you don't, you have achieved half your failure.- David Ambrose**
- **If you take too long in deciding what to do with your life, you'll find you've done it.- George B. Shaw.**
- **Most look up and admire the stars. A champion climbs a mountain and grabs one.- Unknown**
- **Never let a problem to be solved become more important than a person to be loved.- Barbara Johnson**
- **Never mistake knowledge for wisdom. One helps you make a living, the other helps you make a life.- Sandra Carey**
- **One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of**

enjoying the roses that are blooming outside our windows today.- Dale Carnegie

➤ Only those who will risk going too far can possibly find out how far one can go.- T.S. Eliot

➤ Opportunity is missed by most people because it is dressed in overalls and looks like work.- Thomas Edison

➤ Reputation is what people think you are. Character is who you really are. Take care of your character and your reputation will take care of itself.- (On an American plaque)

➤ Success is a journey, not a destination.- Ralph Arbitelle

➤ Success is your dreams with work clothes on... - unknown

➤ Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.- John Maxwell

➤ The middle of every successful project looks like a disaster.- Rosabeth Moss Cantor

➤ The more I want to get something done, the less I call it work.- Richard Bach

➤ The only limit to our realization of tomorrow will be our doubts of today.- Franklin D. Roosevelt

➤ The purpose of life is a life of purpose - Robert Byrne

➤ Outstanding leaders appeal to the hearts of their followers - not their minds.- Unknown

➤ The secret of success is to do the common things uncommonly well.- John D. Rockefeller

➤ The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.- Roosevelt

➤ To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.- Ralph Waldo Emerson

➤ Unless you try to do something beyond what you have already mastered, you will never grow.- Ronald E. Osborn

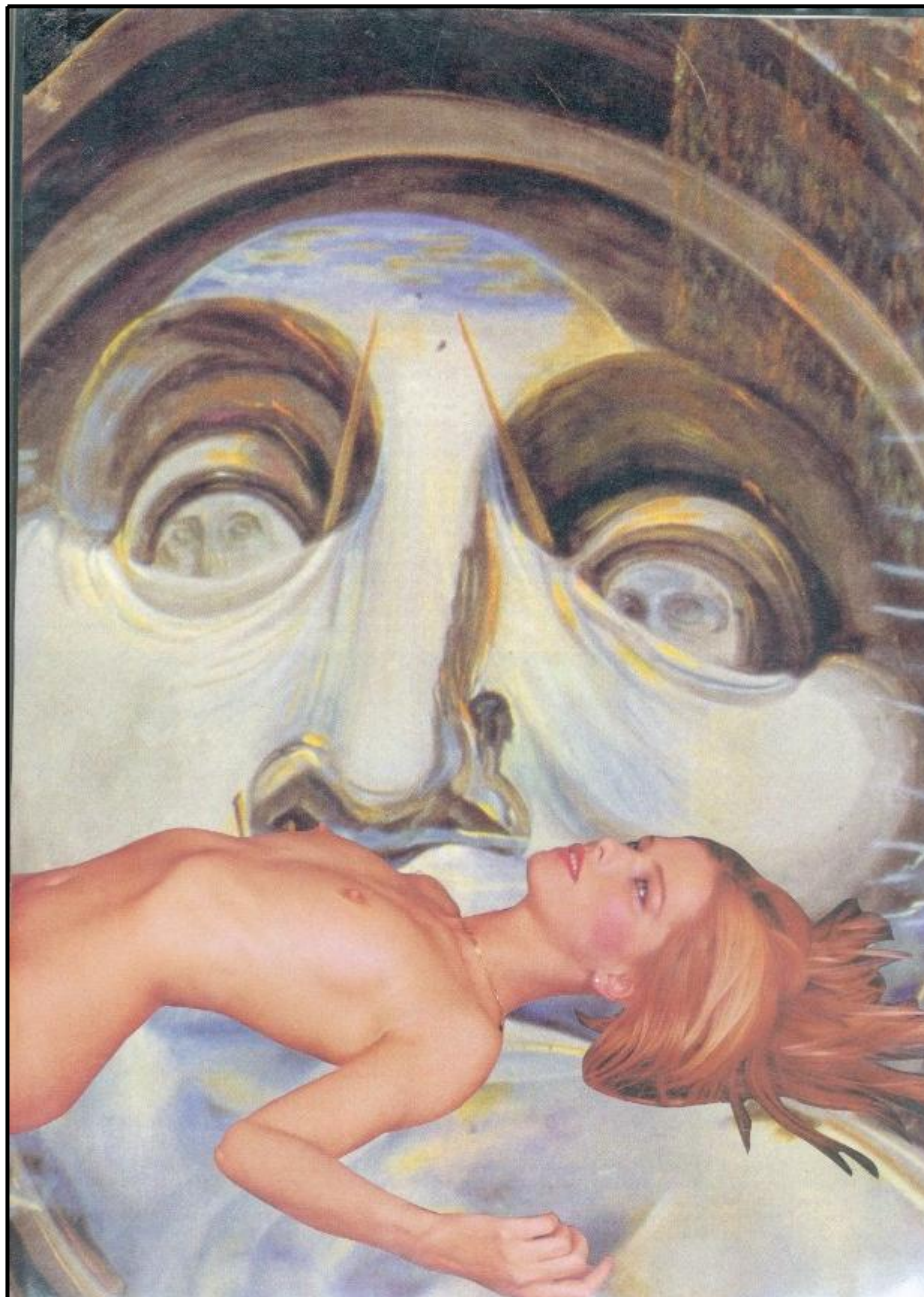
➤ We must accept finite disappointment, but never lose infinite hope.- Martin Luther King, Jr.

➤ Yesterday is a cancelled check; Tomorrow is a promissory note; Today is the only cash you have, so spend it wisely.- Kim Lyons

➤ You may be disappointed if you fail, but you are doomed if you don't try.- Beverly Sills

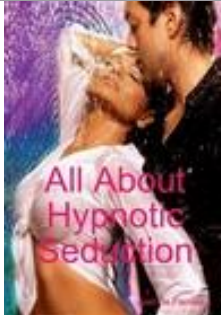
➤ Truth fears no trial.- Proverb

➤ If you aren't making any mistakes, it's a sure sign you're playing it too safe.- John Maxwell



20. RECOMMENDED FOR FURTHER READING

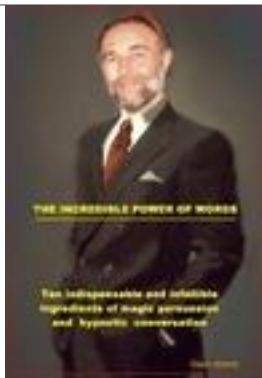
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All About Hypnotic Seduction

Print: €19.05 - Download: €4.00

This workbook will teach you ten simple techniques that allow you to create an atmosphere of appreciation and happy belonging, which will bring your date in a trance like state, in which all becomes possible.



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The present workbook lists ten indispensable and infallible stepstones for successfully applying the art of influencing people. In fact, by using only these ten ingredients, your success rate in such fields as selling, convincing and seducing will soar dramatically.



Codependence

Print: €20.00 - Download: FREE

Dr Irene Matiatos says: "Some of the nicest people I know are codependent. They always smile, They never refuse to do a favor. They are happy and bubbly all the time. They understand others and have the ability to make people feel good. People like them!" ... and then she and a series of other specialists in the field explain why this attitude is in fact very destructive to relationships, what its origins are and how you can overcome it. If you value your relationship and you have the feeling that the giving - taking part is not always in balance, than this is the one work that you should read!

**INTERNET
ACCESS**

<http://stores.lulu.com/store.php?fAcctID=1171166>



Elementary Flirting and Dating

Print: €18.05 - Download: FREE

THE ART OF SUCCESSFUL FLIRTING AND DATING is a public domain compilation containing the elementary techniques for flirting, dating and making conversation. It is the essential guide to flirting and dating for boys and girls, revealing the secret to successful seduction and lasting passion. Learn now how to get the boy or girl you want ... and keep them.



De Kracht Van Woorden

Print: €14.00 - Download: €5.00

In deze Powercursus leer je de technieken aan die gebruikt worden om ons wereldbeeld, onze opvattingen, visies en voorkeuren te wijzigen. Je verwerft inzicht in geraffineerde manieren om mensen te beïnvloeden, te verleiden, te misleiden, te overhalen en te hypnotiseren.



Het Adriaens Boek

Hardcover Print: €50.33 - Download: €5.00

Familiegeschiedenis van de familie Adriaens - De Pauw uit Terjoden, aangevuld met stambomen van de 16e eeuw tot nu, van de families Adriaens, De Pauw en De Schryver afkomstig uit Denderhoutem, Oost Vlaanderen, België en met interessante teksten over de geschiedenis van onze streek.



MARLEEN

Dagboek Van Mijn Apenjaren In De Handelsschool In Aalst

Hardcover Print: €18.51 - Download: €2.50

Dit verhaal speelt zich af in Aalst en begint op de eerste schooldag in 1970. Die dag wordt Eddy verliefd op een nieuwe klasgenote, Marleen. Een paar maanden later al krijgt hij de bons. Wanneer blijkt dat de beide jonge mensen elkaar niet echt kunnen loslaten, begint een moeilijke dans van aanhalen en afstand nemen. Wij volgen Eddy gedurende deze periode en de twee volgende jaren en maken mee hoe hij worstelt om voor zichzelf antwoorden te vinden op de vragen die wij ons in die levensfase allemaal stellen: over verliefd worden, liefde, omgaan met mensen, respect, de redenen waarom we zijn zoals wij zijn, enz ...



How to Write a Fairy Tale

Print: €17.90 - Download: €5.00

Complete course on writing Fairy Tales, compiled from information freely available on the world wide web, completed with "some salt and pepper from my own storehouse".



What To Say After You Said Hello !

Print: €13.45 - Download: €4.00

So you walked up to her and said "Hi!" And now : what ? This is a book about starting up conversations and keeping them going. Contrary to what you may have been thinking, finding the perfect opening line need not be a problem at all: You can say almost anything you want as long as you do so in a friendly way. If a girl is interested in you, she won't care much about your first line. It's what comes next, that matters!

<http://stores.lulu.com/store.php?fAcctID=1171166>

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